

Civil Air Patrol/Cape May

From the Commander



CAPE MAY COUNTY SQUADRON CIVIL AIR PATROL

SQUADRON

As we have several public appearance events coming up in December, I want to remind each member to ensure your uniform is in top shape and all decorations and rank is placed in their correct position. Public appearances are especially important to help spread the word about CAP. Being in the proper uniform and presenting a professional appearance is of the utmost importance, especially since the majority of the public perceives our members as being active duty U.S. Air Force personnel. If you do not have your uniform up to specifications as per CAPR 39-1, do not wear the uniform, wear civilian attire. You must have your uniform in immaculate condition to wear it. Remember, wearing the uniform is a Privilege, not a Right!

As I spoke at our last de-brief about setting goals for yourself, this is the time to set your sights on your goals for 2010. One of my goals from 2009 was to become a Mission Scanner, I have completed this goal. Another goal was to complete Level III of my Professional Development program, I have completed this goal as well, thus becoming a Major. My other goal was to increase our membership by at least 10% this year. We accomplished this goal as well. These goals were attainable, measurable and real-

istic. Take a moment to sit down, away from your computers, video games, and cell phones and take a look back inside yourself to see what you did in CAP this year. Write it down, and ask yourself, what can I do better next year? What do I want to accomplish next year? Then write down how you intend to accomplish this in 4 easy and attainable steps, one step for each quarter of the year. They should be easy to achieve and not be too far out of your ability to learn about it, if so, consider revising the steps to be sure you can reach your goal or goals. Before you know it, the goal or goals are reached and you get the feeling of accomplishment and you see more promotions, awards and you will be making yourself a more viable member to the squadron, school, and your family.

You may have noticed a lot of changes recently within CAP. The organization is changing with the times, the old way of doing things is changing as well, make sure you are keeping up with the changes by checking the National Website and e-Services weekly and checking your DragonNet pages as well as we post the new changes.

Electronic programs and forms are the way of the future. If you need help catching up or are

not feeling able to do these things online, don't be afraid to ask for help, there are plenty of members who can assist you with these tasks. I know that the computer can seem daunting, but if I can do it, you can also, maybe with a little help and learning. You are Never TOO Old to Learn!!

Cadets, now is the time to be thinking about National Cadet Special Activities and getting your forms in to be signed. Check out what you can participate in at National's Cadet Programs page, and get the information in now. Before you know it, the Wing Review Boards will be held in January 2010 and you will be left out in the cold. If you don't know where to find the information or have questions, contact your Flight Leader, Cadet Commander or the Squadrons Deputy Cadet Commander Captain Richard Simon at tony.simon@njwg.cap.gov for more information.

During the weekend of 20-22 November 2009 the NJWG conducted a Ground Team Level 3 training course. 1Lt Diana Akeret participated and was evaluated at the Search and Rescue Exercise that Sunday. Congratulations on passing the course and being qualified as Urban Direction Finding and Ground Team Member, Level 3. The course was held over a 2 day period with classroom instruction, field training, and evaluation during the Search and Rescue Exercise. The fact that we had slept in tents, eaten M.R.E's all weekend, and the lack of showers, showed the members what a

taste of being in the field for a couple of days was like if they were deployed for an extensive search or disaster site. A lot of valuable experience was gained in the cold and mist of the weekend. There were 20 students and staff members who braved the elements to achieve the required training, a job well done to all who participated.

"SEMPER OPTIMUS"

**Major Kevin L. Barstow, Sr.
Commander, NJ-009**

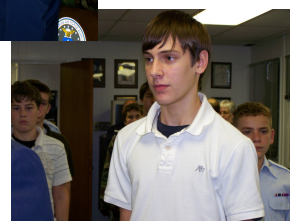
Upcoming Events

5 December-West Cape May
Christmas Parade
12 December- Wreaths Across America
17 December-Christmas Party

Promotions



C/AB Dylan
Rhile
to
C/Amn



Congratulations!

HAPPY BIRTHDAY!

Major Kevin Barstow, Sr
Capt Tony Simon
1Lt Sandra Kooker
C/Capt Tristan Kooker
C/ A1C Ray Gradwell



Anniversaries

Maj Kevin L Barstow, Sr.
SM Kevin L Barstow, Jr.
C/Amn Ryan Fontaine
1Lt Robert Zeier

To All Cadet Personnel:

Uniforms issued by USAF are accountable. When personnel leave, squadron uniforms will be turned in. This is a Must! If you have any questions, see Supply.

Maj Wayne Ingling
Supply Officer
NER NJ-009

Personnel/Administration

As a reminder to all members, all forms must be typed especially if the form is submitted to a higher headquarters. National forms are available in MS Word format at **http://members.gocivilairpatrol.com/forms_publications_regulations/forms_word.cfm**.

NJ Wing forms are available in the "forms" link in DragonNet. Except for Duty Assignment, the CAP Form 2a must be filled out by the individual member.

Information Technologies

Every week, the computers are set up to run a virus scan. At the end of the meeting, close out all programs that are running and leave the computer logged into Windows. Do not shut the computers off. I will turn the computers off on Friday after I back up the system.

Professional Development

All officers are required to progress in their specialties. Please review the requirements for your specialty in the Specialty Track Guide and see either your mentor or me to receive credit for completion of required tasks and to advance your rating in your specialty.

Richard A Simon, Lt Col, CAP
DPA, DA, IT, PDO
NER-NJ-009

Cadet Program

The end of the year is coming fast. For the new cadets, there will be new opportunities for you next year. Please take sometime before the New Year to plan your goals... plan it out 30, 60, 90 and the end of the year. Make your goals realistic and try to make them happen. If you are unsure how to plan your year, start with small, attainable goals. If you do that, you will progress farther than without a plan of attack. New opportunities include: learning how to use radios and becoming a member of a Ground Team. The choice is yours alone how you want to spend the next year at CAP. Good Luck and be safe during this holiday season.

Capt Tony Simon
Deputy Commander for Cadets
NER NJ-009

Health Services

DIFFERENCES BETWEEN COLD, SEASONAL FLU & H1N1 SYMPTOMS

Symptom	Cold	Seasonal Flu	H1N1
Fever	Rare	common	usually present– 101
Coughing	productive	dry hacking	non-productive/dry
Aches	slight body aches	moderate aches	severe aches
Stuffy Nose	commonly present	commonly present	not common
Chills	uncommon	mild to moderate	60% of people-chills
Tiredness	mild	moderate/lack of energy	moderate to severe
Sneezing	commonly present	commonly present	not common
Sudden			
Symptoms	develop over few days	develop over few days	rapid onset-3-6 hrs
Headache	uncommon	common	very common– 80%
Sore Throat	commonly present	commonly present	not common
Chest Discomfort	mild to moderate	moderate	severe

PREVENTION TIPS:

1. cough & sneeze into your elbow
2. wash hands with soap and warm water for a minimum of 15 -20 seconds. Sing your abc's or happy birthday to you
3. use hand sanitizer when soap & water are not available
4. avoid touching eyes, nose or mouth without washing or using hand sanitizer first

Major Richard Fellows, Health Services Officer
NER NJ-009

Support a Military K9 and Handler Overseas

The US War Dogs Association, which is based in NJ, is working to get a War Dog Memorial and a USPS Stamp in honor of military K9s. The association also runs a program called Operation Military Care K9, which coordinates donations for the K9s and Handlers in active duty overseas. As a SAR K9 Handler, I would like to support the efforts of this organization. Anyone interested in making a donation can bring item(s)



to our December squadron meetings. Monetary donations will also be accepted to pay overseas shipping charges. The last day of the collection will be on Dec. 17 (our squadron holiday party). The package(s) should be delivered overseas early in the New Year. Thank you for your support of our Military K9.

You may also want to check out there website: www.uswardogs.org. There is an interesting photo-based story about US Army Sgt. Maj. Fosco (yes, that's the dog) making a historical tandem parachute jump from 12,500 feet.

1Lt Diana Akeret and K9 Riot

Below is a partial donation list, the full list will be sent via email with the newsletter.

K9 Doggles	beef jerky	soap
Collapsible nylon dog bowls	coffee	razors
Kong 3: rubber balls	creamer	shave cream
Large rope chews	hot cocoa	toothbrush
K9 shampoo & conditioner	microwave popcorn	toothpaste
K9 toothpaste and brush	bubble gum	combs & brushes
K9 eye drops	peanut butter and jelly	baby wipes
K9 ear wash	salad dressing	chap stick
K9 Advantix flea and tick treatment	microwaveable meals	sunblock
Towels to wipe paws	small canned foods	saline nose spray
Small boxes of dog biscuits	hygiene products– male/femal	liquid hand sanitizer
K9 warming mat	hair bands	hand cream
K9 Boots	nail clippers	cough drops
K9 Grooming tools	nail files	moisturizing eye drops
K9 salves or paws/noses	shampoo & conditioner	hand cream

From the Chaplain

What makes a day sacred?

Ever question what makes a day sacred? This season we have in America a melting pot of sacred days such as our Jewish Hanukah, Christians Christmas, Muslim Ashura which set time aside to reflect on the source of all life and all creation or a moment in history from their tradition. Setting aside for reflective worship makes the day sacred. We recall who we are and Who's we are in the midst of the fast moving events were part of every day. Being a fully human person with a mind, body and soul the soul needs such sacred days. Aristotle said, 'a life non-reflective is not worth living' and on High Holy Days in all the various traditions folks pause and reflect on who they are and whose they are. CAP is actively involved in the local community this season and still takes time to celebrate and comes together over a home cooked community meal. May all have a blessed and sacred season. In my tradition I'll lift you all in prayers of thanksgiving during my Christmas Mass (you are truly a sacred gift God has shared with me this last year) and I ask God to bless you and your families this New Year and throughout 2010 with His steadfast love.

LtCol Miles Barrett

Moral Leadership/Character Development Officer

NER NJ-009



Support Search & Rescue

GET LOST !

Squadron members:

Don't forget to get all the required FEMA ICS courses completed– you need to have them completed to participate in emergency services training and missions.

Check the squadron website for more information: <http://capemay.njwg.cap.gov/>

Cadet in the Spotlight

- **Name:** Dylan Rhile
- **School:** Middle Township Middle School
- **Age:** 13
- **Grade:** 8
- **Excuse me if I brag about:** my good grades
- **If I could invite four people to dinner, I would invite:** John McCain, Neil Armstrong, Hugh Thompson, and Warren Buffett
- **And we would discuss (at dinner):** my future
- **If I could be invisible for one hour, I would:** get in to the White House
- **My favorite singing group:** Rascal Flatts
- **The one TV show I'm glued to is:** FBI Files
- **If I could eat three things for the rest of my life, they would be:** Pizza, fries, pumpkin pie
- **The worst movie I ever saw was:** Dan in Real Life
- **The best movie I ever saw was:** I am Legend
- **The person I look up to most is:** my Dad
- **If I could have anything in the world, I would want:** a private jet
- **My first real job after college will be:** Aeronautical Engineer
- **You will never see me wearing:** a silk kimono
- **If I could change one thing about myself, it would be:** my age
- **Where I'd like to be and what I'd like to be doing in ten years is:** M.I.T. University studying aeronautics
- **My goal in CAP is:** to get my pilots license

From the Cadets

I am still waiting for the next PT night to get my Curry award. I am also taking my ICS-100, 700, and FEMA test so that I can participate in Ground Team and SAREXs. I can't wait!

C/AB Benjamin Conlin

The past few weeks have been really fun for me and my friends. We got

our report cards and we all passed in every thing. Our teachers have been nicer to us since the school year is almost over. The tree lighting ceremony in Cape may was a lot of fun. I did parking and stood in front of the entrance and blocked cars from getting in. This is my news letter thanks for reading.

C/AB Sullivan Edwards

From the Cadets

This past Wednesday, on the night of Saturday November 21, CAP had gone out and helped out the Physics Estate in Cape May. We helped park cars and directed traffic in and out of the place.

I started out helping park cars. While I was doing that job, I had heard from the lady who was running it-she was by me that whole time-that there had been a fender bender and that both owners were exchanging insurance information. Then, there was something else about someone running too far onto the grass or something. Anyway, people these days can't and shouldn't really drive. They obviously don't know how to follow the red lights and the way they're directing them to.

Well, about an hour later after the parking lot filled up, I went and helped direct cars out of the exit. There were two cops across the street just standing there talking. Then, an hour later, they left and let us do the work. It was unbelievable. Well, again, most people don't know how to drive and are still trying to figure out what the blinker does. Practically no one used theirs, so someone had to always go up to the driver and see what way they were going.

Well, it was an interesting night. Although it was a little cold it wasn't too bad. I mean, once my feet got numb you could barely feel the cold. I'm just kidding. It was fun. I hope we do something

like this again.

C/AB Madison Peteani

Last Saturday was the Tree Lighting Ceremony at the Physick Estate in Cape May. I was helping to direct cars to parking by keeping them from going in the exit. Out of all the things that CAP opens up for me, the outside activities are a close second after O

Flights. However, some people decided not to listen to me and the other cadets, and go in the exit anyway. They didn't seem too happy when we told them that they had to drive another twenty yards to the entrance. I even got some body's high beams shined in my eyes also. But, overall it was a fun (and interesting) night.

C/Amn Dylan Rhile

On Monday, November 16, I woke up early in the morning to go on a school retreat to Spruce Lake outdoor school. While I was there I went on a 3 hour hike, did a 500 foot long zip-line, went on a power swing, and repelled off a 50 foot tall cliff! Seeing as this was a 3 day retreat, we slept in a small, one-room cabin. Sadly, this was my last year going on the retreat because it is only for the 6th-8th grades. Never the less it was still a fun trip.

C/Amn Jonathon Clark